Please write clearly in block capitals.

Centre number | | | | | | Candidate number | | | | |

Surname _____

Forename(s) _____

Candidate signature _____
I declare this is my own work.

A-level
PHYSICAL EDUCATION

Paper 1 Factors affecting participation in physical activity and sport

Time allowed: 2 hours

Materials
For this paper you may use:
- a calculator.

Instructions
- Use black ink or black ball-point pen. Pencil should only be used for drawing.
- Fill in the boxes at the top of this page.
- Answer **all** questions. You must answer the questions in the spaces provided. Do **not** write on blank pages.
- If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information
- The marks for questions are shown in brackets.
- The maximum mark for this paper is 105.
- Questions should be answered in continuous prose. You will be assessed on your ability to:
  - use good English
  - organise information clearly
  - use specialist vocabulary where appropriate.

For Examiner's Use	
Section	Mark
A	
B	
C	
TOTAL	

Do not write outside the box

Section A

Applied anatomy and physiology

Answer **all** questions in this section.

Only **one** answer per question is allowed.

For each question completely fill in the circle alongside the appropriate answer.

CORRECT METHOD ⬬ WRONG METHODS

If you want to change your answer you must cross out your original answer as shown.

If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.

0 1 Which **one** of the following muscles is a **main agonist** when flexion occurs at the shoulder?

[1 mark]

A Anterior deltoid ⬭

B Medial deltoid ⬭

C Posterior deltoid ⬭

0 2 Which **one** of the following is a direct product of beta oxidation?

[1 mark]

A Acetyl-CoA ⬭

B Carbon dioxide ⬭

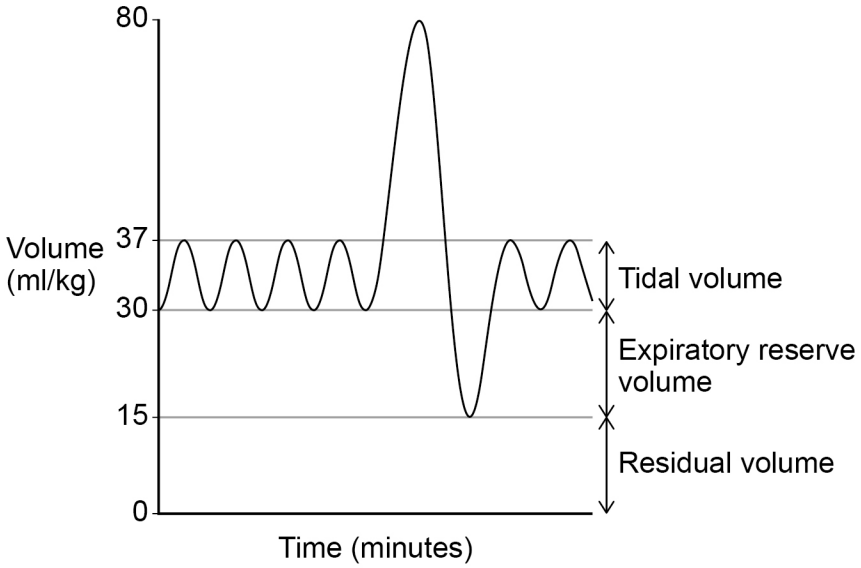
C Citric acid ⬭

D Oxaloacetate ⬭

Do not write outside the box

0 3 **Figure 1** shows a spirometer trace.

Figure 1



0 3 . 1 Define the term 'tidal volume'.

[1 mark]

_____

_____

0 3 . 2 Explain how **and** why a period of continuous exercise would impact the lung volumes in **Figure 1**.

[3 marks]

Tidal volume _____

_____

_____

Expiratory reserve volume _____

_____

_____

Residual volume _____

_____

_____

_____

Turn over ►

Do not write outside the box

0 4 Explain the role of the atrioventricular node in the cardiac conduction system.

[3 marks]

0 5 Training can increase an athlete's maximum A-VO_2 diff.

Analyse how the body systems adapt to allow this.

[3 marks]

Do not write outside the box

0 6 Evaluate the effectiveness of High Intensity Interval Training (HIIT) for a central midfielder in football.

[8 marks]

You may use this space to plan your answer.

Do not write outside the box

Extra space

Do not write outside the box

Do not write outside the box

0 7 Usain Bolt and Mo Farah are both multiple Olympic champions, Usain Bolt in the 100 m and Mo Farah in the 10 000 m.

Analyse how the structures of their predominant muscle fibre types differ, producing functional characteristics that impact on their performance.

[15 marks]

You may use this space to plan your answer.

Do not write outside the box

Extra space

Do not write outside the box

Do not write outside the box

35

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Section B

Skill acquisition

Answer **all** questions in this section.

0 8 Which **one** of the following shows the correct relationship between reaction time, response time and movement time?

[1 mark]

A Movement time + response time = reaction time

B Reaction time + movement time = response time

C Response time + reaction time = movement time

0 9 Schmidt's schema theory states that learning occurs through the development of a schema.

Which **one** of the following shows the correct elements of recall schema?

[1 mark]

A Initial conditions and response specifications

B Response outcomes and initial conditions

C Response specifications and sensory consequences

D Sensory consequences and response outcomes

Do not write outside the box

1 0 . 1 Define the term 'learning plateau'.

[1 mark]

1 0 . 2 State **two** potential causes of a learning plateau.

[2 marks]

1

2

1 1 Explain the advantages **and** disadvantages of using whole practice when learning a dance routine.

[4 marks]

Do not write outside the box

1 2 Analyse how the short-term and long-term memory work together to allow an autonomous performer to make effective decisions during performance.

[3 marks]

Do not write outside the box

1 3 Evaluate the effectiveness of the different methods of guidance that could be used when teaching a swimmer who is in the cognitive stage of learning.

[8 marks]

You may use this space to plan your answer.

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Extra space

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Turn over ►

Do not write outside the box

1 4 Great Britain's Rebecca Romero won a silver medal in rowing at the Athens Olympics in 2004. She then changed to track cycling, winning individual pursuit gold at the Beijing Olympics in 2008.

Analyse why an elite performer would find the switch from rower to cyclist easier than if they were to move from tennis to badminton.

Use your knowledge of **transfer of learning** and the following **skill continua**:

- Open–Closed
- Discrete–Continuous
- Simple–Complex.

[15 marks]

You may use this space to plan your answer.

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Extra space

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Do not write outside the box

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Turn over ►

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Section C

Sport and society

Answer **all** questions in this section.

1 5 Which **one** of the following was a characteristic of 19th-century gentleman amateurs? **[1 mark]**

A Focused on one sport

B High morals

C Low status

D Valued training

1 6 Which **one** of the following was a specific aim of the Wenlock Olympian Games? **[1 mark]**

A Develop international competition

B Form Olympian Class

C Improve morals of the whole nation

Do not write outside the box

1 7 State **three** physical health benefits of increased participation in sport.

[3 marks]

1 _____

_____

2 _____

_____

3 _____

_____

1 8 Socialisation is a lifelong process where members of a society learn its norms, values, ideas, practices and roles in order to take their place in that society.

1 8 . 1 Describe how secondary socialisation differs from primary socialisation.

[1 mark]

_____

_____

1 8 . 2 Explain **three** ways an individual may be encouraged to participate in rock climbing through secondary socialisation.

[3 marks]

1 _____

_____

_____

2 _____

_____

_____

3 _____

_____

_____

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1 9 The launch of the Diamond League athletics events in 2010 introduced large cash prizes into the sport. This was one of many factors which changed the status of track and field athletes post-World War II (1950–present).

Evaluate what impact the changing status of track and field athletes has had on the sport of athletics.

[3 marks]

Do not write outside the box

2 0 Analyse how the emergence of the middle class in the industrial and post-industrial period (1780–1900) impacted on the sport of association football at this time.

[8 marks]

You may use this space to plan your answer.

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2 1 Studies suggest that children with disabilities report experiencing low self-efficacy when playing sport.

Analyse how discrimination, stereotyping and prejudice can explain the children's low self-efficacy when applied to Bandura's model.

[15 marks]

You may use this space to plan your answer.

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END OF QUESTIONS

35

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ANSWER IN THE SPACES PROVIDED

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